



Interactive Lesson Plan



Season: Spring 2015 Age Group: U8 Week: 2

Stage	Activity Description	Diagram	U8: Checking for Understanding
Activity 1	<p>Dribble Tag: (8 Minutes)</p> <p>In a 15Wx20L yard grid, all players dribbling a soccer ball will try to tag each other with their hands. If a player leaves his/her own ball, you can tag their ball to get more points. (score is not as important as how they manipulate the ball)</p> <p>Coach:</p> <ul style="list-style-type: none"> • Have players keep count of their own tags. • Play more than one game and have players improve their tags by at least 1 more than before in each game. • Play 6 rounds of 1 minute each with 30 seconds rest between rounds. 		<p>Coach (C) - What parts of the foot do the players use to dribble?</p> <p>Player (P) - The laces to dribble forward and the inside and outside of your foot to change directions.</p> <p>C - Why is it important for the players to keep their head up?</p> <p>P - To find someone to tag or to avoid being tagged.</p>
Activity 2	<p>Ball Tag: (8 Minutes)</p> <p>in a 15Wx20L yard grid all players are dribbling a soccer ball . The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player or their ball.</p> <p>Variation: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute each with 30 seconds rest between rounds. 		<p>C – What parts of the foot can the player use to strike the ball?</p> <p>P – The inside, outside, laces and toe.</p> <p>C - What can the players do to avoid being tagged?</p> <p>P - Change direction, change speed and jump.</p>
Activity 3	<p>Bandits 1: (8 Minutes)</p> <p>In a 15Wx20L grid, select 1 or 2 players to be the Bandits. Their mission is to get any dribblers' ball, once the bandit gets a ball the player without the ball becomes the new bandit.</p> <p>Variation: When the bandit gets a ball, they must dribble it outside the grid. The player that lost the ball can regain it in the grid. If the ball goes outside of the grid both players are bandits.</p> <ul style="list-style-type: none"> • Play 6 rounds of 1 minute seconds each with 30 seconds rest between rounds 		<p>C – What can players do to protect the ball from bandits?</p> <p>P – Change direction, change speed or put your body sideways between the bandit and the ball (shielding.)</p> <p>C - Where should the ball be when shielding?</p> <p>P - On the furthest foot from the bandit.</p>
Activity 4	<p>Combat 1: (8 Minutes)</p> <p>in a 20Wx30L grid the coach makes two teams of 3-5 players each. The players are lined up next to the coach. When the coach serves the ball on to the playing area, the first players next to the coach will go after the soccer ball and retrieve it by dribbling and kicking it into their team's goal for a point.</p> <p>The coach can make the games 1v1, 2v2 and 3v3's. You can have several groups of players playing in the soccer area.</p> <ul style="list-style-type: none"> • Play 3 rounds having all the players go 3 times/round with a 30 seconds rest between rounds 		<p>C – What parts of the foot should players use to change direction?</p> <p>P – Bottom, inside or outside.</p> <p>C – What parts of the foot can the player use to strike the ball?</p> <p>P – The inside, outside, laces and toe.</p>
Match	U8: 4v4 - Dual Field Scrimmage	If possible set up two fields of 20Wx 30Lyards with a 5 yard space between them in order to keep the majority of your team playing.	25 minutes